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Anne Grady is not your typical motivational speaker. She is a best-selling author, two-time TEDx speaker, trainer, survivor, optimist, inspirer, and a truth-bomb dropper.

EXPERIENCE

Anne has a master's degree in organizational communication and has spent the last twenty years working with some of the largest organizations around the globe.

She has become known as a leading expert on communication, leadership, emotional intelligence, and resilience, contributing to Harvard Business Review, Entrepreneur, Fast Company, Inc. Magazine, FOX Business and many more.

Audiences love her raw honesty, edgy humor, authenticity, and insight. Anne shares inspiring personal stories, cutting edge, research-based content, and implementation tools to transfer learning into real life to improve relationships, navigate change, and triumph over adversity. And she'll make you laugh while she does it.

In her first book, **52 Strategies for Life, Love & Work**, Anne provides practical strategies to improve relationships, increase productivity and reduce stress.

In her most recent book, **Strong Enough: Choosing Courage, Resilience and Triumph**, Anne draws from her personal life experiences that touch the hearts and minds of audiences helping them use adversity as a catalyst to grow "strong enough".